



CITY OF COON RAPIDS

COON RAPIDS ICE CENTER

2015/16 Skating School



Find Your Skating Passion!

- Beautiful warm facility
- Graded lessons offered for Beginners, Adults, Recreational skaters Figure skaters and Hockey players
- Professional certified coaching staff
- Basic Skills program developed by US Figure Skating and endorsed by USA Hockey & US Speed skating
- Competitive and Pre-Competitive Figure skating programs

**www.coonrapidsicecenter.com
(763) 951-7222**



OUR MISSION

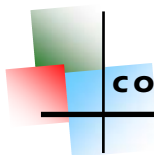
The mission of the Coon Rapids Skating School is to provide a friendly, comfortable and fun learning environment for skaters of all ages and abilities to learn the basics of ice skating. We use a science based approach to teach the fundamentals of balance and edge control. Find your skating passion at Coon Rapids Ice Center.



Our staff is trained in the basics of biomechanics and the sports sciences that apply to human performance. We use this knowledge to help each skater reach his or her full potential on the ice.

The mission of the USFS Basic Skills Program is to provide a goal-oriented program that encourages figure skating at all levels and to enhance the quality of skating skills at these levels. We use this program to help develop self-esteem and confidence for life.

HAVE FUN, SKATE WELL, PLAY FAIR!



FIND YOUR CLASS

Adult Skaters (over 16)	pg. 7
Basic Skills Skaters	pg. 5
Beginning Skaters (age 4-14)	pg. 5
Competitive Skaters	pg. 8-11
Figure Skaters	pg. 8-9
Hockey Players (age 4-16)	pg. 6
Ice Show	pg. 13
Our Staff	pg. 15
Skating School Notes	pg. 14

For All Classes—Optional Payment Plan:

Session payments may be paid in 2 installments with a \$5 service charge. There is a 10 day grace period for each payment after which a \$10 late fee will be applied.

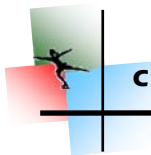
Payment Deadlines:

Payment 1: 1/2 due with additional \$5 at time of registration.

Payment 2: 1/2 due on Nov. 1 (Fall), February 15 (Winter)

***** Registration Note *****

Due to limited class size, we recommend mailing your registration early. Acceptance is on a first come basis. Basic I/HockeyI classes fill quickly. Confirmations will be sent by email only. Please make sure your email is correctly listed on the registration form. You will be notified if your class is full and placed on a waiting list. Class space is reserved with a registration form and payment. All registrants will be given a coupon for one Public Skating admission which includes the option to bring one guest for free Public Skating admission during the class session. (Skate rental is included for the guest)



SESSION DATES

We offer two 12 week sessions for skaters of all types and abilities.

Fall Session:

Monday Sept. 21, 2015 to Monday Dec. 7, 2015**

** Some classes with no testing will meet Dec 14 & 21

Saturday Sept. 19, 2015 to Saturday Dec. 12, 2015*

*No classes Sat. Nov. 29th.

Fall Testing: December 14 & 19, 2015**

(**contract sessions are held on test days)

Winter Session:

Monday Jan. 4, 2016 to Monday March 21, 2016

Saturday Jan. 9, 2016 to Saturday March 26, 2016

Winter Testing: March 28 & April 2, 2016

Ice Show:

April 21– April 24, 2016



COON RAPIDS SKATING SCHOOL

CLASSES FOR BEGINNERS & BASIC SKILLS SKATERS

Choose from Monday or Saturday classes.

MONDAYS

- 6:10-6:40 PM Basic 1/Hockey 1, Basic 2/Hockey 2, Basic 6/7
(Practice for Basic 3—5)
- 6:40-7:10 PM Basic 3—5, Bronze Spin
(Practice for Basic 1—2/Hockey 1—2, Basic 6/7)

SATURDAYS

- 10:35-11:05 AM Basic 3-4, Basic 6/7, Basic 8/Free skate 1
(Practice for Basic 1&2/Hockey 1&2, & Basic 5)
- 11:05-11:35 AM Basic 1/Hockey 1, Basic 2/Hockey 2, Basic 5
(Practice for Basic 3-4, Basic 6/7, 8)

Fall or Winter Session Fee: \$156 for 12 weeks of class including testing. See page 3 for an optional payment plan and page 14 for notes.

Basic Skills Classes :

Learn all fundamentals of the sport including forward and backward skating techniques, stops, turns, & edges. The basic levels prepare skaters with the knowledge to advance into specialized areas of skating. All skaters new to our program should register for Basic 1 or Hockey 1. Evaluations will be done on the first day of class and skaters will be placed in the most beneficial level. Skaters who complete Basic 8 enter Free skate 1. Ages: 4-14. 30 minutes of practice time is included with your class. Practice time must be skated on the same day as your class. You may practice during the time listed on the above schedule. No Parents or friends please.

Spin Classes

These classes give skaters the opportunity to learn a variety of spins beyond their test level. **Bronze Spin-** is open to skaters who have passed Basic 6.





CLASSES FOR HOCKEY PLAYERS

Beginning players can choose from Monday or Saturday classes. No sticks or pucks allowed. Hockey 1 & 2 are combined with Basic Skills classes covering the same curriculum.

MONDAYS

6:10-6:40 PM

Hockey 1 & Hockey 2

6:40-7:10 PM

Hockey 1 & 2 practice on your own

SATURDAYS

10:35-11:05 AM

Hockey 1 & 2 warm-up on your own

11:05-11:35 AM

Hockey 1 & Hockey 2

Fall or Winter Session Fee: \$156 for 12 weeks of class including testing. See page 3 for an optional payment plan and page 14 for notes.

Hockey 1 & 2

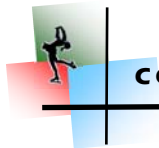
Introduce the basics of hockey skating skills with power and agility. The hockey classes prepare skaters who have an interest in playing hockey. Endorsed by USA Hockey. Skaters are combined with the Basic 1 & Basic 2 skaters.

POWER SKATING SUNDAYS



Calling all hockey players– Develop your skating skills with the coaches at CRIC.

Must be in second grade or higher. Classes are one hour in length and will be broken into two groups. Mites/Squirrels/UI10 and PeeWee/Bantam/UI14. This class is taught by our hockey staff. No sticks first week.



COON RAPIDS SKATING SCHOOL

Power Skating class time: 11:40am-12:40pm

Fall Session- 7 weeks

September 20, October 18, 25, November 8, 22, December 6, 20

Fee- \$84 for all 7 weeks or drop-in for \$15 per class.

Winter Session- 8 weeks

January 10, 24, February 7, 21, March 6, 20, April 3, 17

Fee-\$96 for all 8 weeks or drop-in for \$15 per class.

CLASSES FOR ADULTS

Choose from Monday or Saturday classes.

MONDAYS

6:10-6:40 PM

Practice for Adults

6:40-7:10 PM

Adult Class

SATURDAYS

10:35-11:05 AM

Adult class

11:05-11:35 AM

Practice for Adults

Fall or Winter Session Fee: \$156 for 12 weeks of class including testing. See page 3 for an optional payment plan and page 14 for notes.

Adult Classes 1-6

Designed to promote overall fitness, improving balance and coordination while mastering skating basics. Six levels of skills are offered. Skaters work at their own pace. Skaters who complete Adult 6 enter Free skate 1 with all ages. Adult ages: 15 and older.



CLASSES FOR FIGURE SKATERS

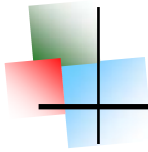
MONDAY

5:00-6:00 PM	Contract A* (6 weeks: 9/14, 21, 28, 10/5, 12, 19)
6:10-6:40 PM	Basic 6/7, Silver Spin (Practice for Basic 3—5)
6:40-7:10 PM	Basic 3—5, Bronze Spin (Practice for Basic 7/8)
7:10-7:40 PM	Basic 8/Free skate 1, Free Skate 2, & Pre-Preliminary MIF & Preliminary MIF, Jump Tech (Practice for Free skate 3-- 9)
7:40-8:10 PM	Free skate 3- 6 and Gold Spin (Practice for Basic 8, Free skate 1—3, 7--8)
8:20-8:50 PM	Moves in the Field (Pre Juvenile and up)
8:50-9:20 PM	Free skate 7, 8/9 & Contract B

SATURDAY

7:15-8:00 AM	Contract C
8:00-8:45 AM	Contract D Gold Spin Class (begins 8:15 am)
8:55-9:40 AM	Stars Edge Class (separate brochure)
9:40-10:25 AM	Contract E
10:35-11:05 AM	Basic 3-4, Basic 6/7, Basic 8/Free skate 1 (Practice for Basic 5)
10:35-11:20 AM	Emerging Stars Pre-Competition Training class
11:05-11:35 AM	Basic 5 (Practice for Basic 3-4, Basic 6-8, FSI)
11:35AM-12:20 PM	Contract F

30 minutes of practice time is included with your class. Practice time must be skated on the same day as your class. No practice for spins or MIF class. You may practice during the time listed on the above schedule. No Parents or friends please.



CLASSES FOR FIGURE SKATERS

Fall or Winter **Session Fees:** (12 weeks)

First Class session per skater: Basic Skills, Free skate, MIF or Spin: \$156

All additional classes: \$144
See page 3 for an optional payment plan and page 14 for notes. Contract Ice on page 10. Off-Ice classes page 12.

Free Skate 1-6:

Open to any skater who has passed Basic 8. Skaters must pass the Free skate tests in order (ie. 1, 2, 3, 4 ..)

CRIC's Free Skate 7, 8/9:

CRIC's Free skate 7, 8 & 9 are for skaters passed Free Skate 6. Skaters will work on advanced elements.

Spin Classes

These classes give skaters the opportunity to work on a variety of spins beyond their test level.

Silver is open to skaters who have mastered the back spin (4 revolutions).

Gold is open to skaters who have passed Free skate 7 and mastered a

change sit & camel spin or have the director's permission.

Jump Technique

This class is open to all skaters in Free Skate 6 and up. Exercises to increase rotational speed and air position will be covered.

Moves in the Field Class

This class will help prepare skaters to test the US Figure Skating edge tests called "Moves in the Field" There are 8 different levels. The first test is Pre-Preliminary Skaters should have passed the Free Skate 3 class to participate. Skaters will be grouped according to levels. Some levels with similar elements may be combined.

Emerging Stars Pre-Competitive Training Class

For figures skaters who have passed Basic 2 through skaters working on Free Skate 2. Skaters must given an invitation by a coach to attend.

Fee for Emerging Stars Training Class: A monthly fee.





OPTIONS FOR COMPETITIVE SKATERS

US Figure Skating Bridge Program (Stars Edge Class)

A group edge class using the whole ice surface combined with some jumping exercises in a 45 minute lesson. Skaters may join the St. Paul Figure Skating Club to test and compete. Skaters participating in 3 Stars sessions are eligible to be in the Stars ice show number. Skaters must have passed Free Skate 2. A separate brochure is available from the skating school director.

Contract Ice/Private & Semi-Private lessons

Contract ice is available to skating academy and figure skaters. It is used for extra practice ice, semi-private and private lessons. These lessons are a great way for skaters to get more individualized attention and to learn a broader variety of skills. Coaches teaching on Contract ice must be on the Coon Rapid Skating Academy staff. Skaters are responsible for contacting a private coach and paying the coaching fee. The limit is 22 skaters per contract. All skaters must follow the prescribed traffic pattern.

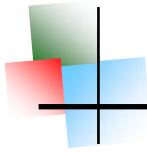
Fall and Winter Contract Ice Costs:

Contract A (6 weeks) \$102

Contract B: \$112

Contract C, D, E or F: \$169





OPTIONS FOR COMPETITIVE SKATERS

Drop In Figure Skating-

This ice is offered on Wednesday morning before school and other times during the school day. See the ice centers full weekly schedule for more information. The fee is \$7.00 per hour with a one hour minimum. Skater must have passed Free skate I or be in a private or semi-private lesson to participate.

Competitive Training

Plan (Sept-March; 7 payments) Skaters enrolled in the training plan will participate in 3 classes (Free skate Class, Spin class, Moves in the Field Class) and Off-Ice Conditioning plus one Saturday Contract. Cost \$204 per month. Payment due the 1st of each month. A 10% late fee is applied after the 10th of each month. Additional classes or contract ice can be added at an additional monthly cost. A form is available at the ice center.

High School Lettering

Anoka-Hennepin School District #11 offers figure skating lettering at all of their high schools. Skater must pass the Juvenile Free Skate test, perform in public and complete the required number of training hours. More information is available from the district's figure skating advisor Mrs. Shore, at Cynthia.Shore@anoka.k12.mn.us





OFF-ICE OPTIONS

MONDAY OFF-ICE

6:40-7:10 PM Rotational Belt

WEDNESDAY OFF-ICE

(October 14- November 18)

TBD Yoga for Kids

TBD Gentle Yoga

TBD Prenatal Yoga

SATURDAY OFF-ICE

12:30-1:00 PM Rotational Belt

1:05-2:05 PM Conditioning

Fees for Off-Ice Classes:

Conditioning: \$120

Rotational Belt Card (8X): \$38

Yoga: \$45

Off-Ice Classes

Conditioning - Taught by a certified personal trainer and open to all skaters. This class will work to strengthen major muscle groups and increase cardio respiratory endurance.

Rotational Belt- Open to all figure skaters Basic 6 and up. The rotational belt is an important tool to learn air position for jumps. Skaters work through exercise stations before going on the actual belt for 3-4 exercises. A punch card for 8 uses is available. This is a drop-in class.

Yoga Classes- CRIC offers 6 week yoga class sessions. Open to all, not just skating school families. Gentle Yoga is for those new to yoga or those who enjoy a gentle approach to their practice of yoga. More information can be found on the City of Coon Rapids website's Recreation page.



ICE SHOW

The Twenty-seventh Annual Ice Fantasy Ice Show will be presented April 21-24, 2016.

Skaters are grouped together by age and test level. Each group performs a program choreographed to music. Skaters may keep the costume purchased for their group. There is a separate fee for Ice Fantasy participation. The majority of this cost is to cover the purchase of the costume.



Any skating school member who is registered for Winter Session may participate in a group number. Practices begin March 19 and run for five to six weeks.

Participation forms will be available in November and must be turned in Monday December 21, 2015. Please note registration forms are due before winter session begins in January.

A list of the Special Number Policies (Solos, duets, etc.) is available in the Coon Rapids Ice Center office. All skaters with Special Numbers must participate in both Fall & Winter sessions and attend at least 1/2 of the classes.

Skaters who have passed Free skate 1 by December 31, 2015 may participate in our Father/Daughter number. A separate registration form is available for this number.

*******Please Note*******

All skaters wishing to participate in this year's Ice Show will be measured for costumes. The tentative dates are Monday December 7 & 14, Saturday December 12 & 19. Forms with payment will be collected at this time.



SKATING SCHOOL NOTES

PROGRAM FEATURES

1. Ages and levels may be combined when classes do not fill.
2. Class time may change due to class size.
3. The class size is limited to 10 skaters per instructor (MIF, Spin or off-ice classes may be larger.)
4. Refunds will be given up to the second week (pro rated).
5. Practice time is available on the day of the lesson only. No friends or parents in the practice area.
6. Due to a large enrollment make-up lessons are not available.
7. Lessons will not be cancelled due to weather.
8. Sick/Injured Skater Policy: A copy of the sick/injured skater policy is available at the front desk.
9. Basic Skills Testing is available to those skaters wishing to earn their badges. Tests will be given only at the end of each session. Only tests taken at the Coon Rapids Skating School will be honored.
10. All skaters must be a Basic Skills member to participate. Membership runs from July 1, 2015-June 30, 2016. Membership fees must be included with registration. Contact the CRIC arena office with questions. (763-951-7222)
11. Class level must be taken in order Basic 1-8, Adult 1-6, Hockey 1-2 and Free Skate 1-6, CRIC Free Skate 7-9

PUBLIC SKATING for everyone

Wed & Fri. 11:00AM-1:00PM. Sunday 5:30-7:30 PM. Cost \$5 for Adults, \$4 for students, 5 and under free with a paid admission. Public sessions are subject to cancellation/time change for special events. Skate Rental: \$3 for Adults and Seniors; \$2 for skaters age 5 and under. Skate sharpening is available.

WEBSITE & EMAIL

www.coonrapidsicecenter.com; Email: kmeck@coonrapidsmn.gov





OUR STAFF

SKATING DIRECTOR:

Karen Meck

Director since 1991, Professional Skaters Association (PSA) Master Rated in MIF, Senior rated in Free Skating. Rated in program director, figures and group lessons. Coach of USFS regional competitors, MN State Champions, Medalists and Adult National Medalist. NETA Certified Group Exercise Instructor. Email: kmeck@coonrapidsmn.gov

STAFF COACHES:

Kimberly Cole Stahle— USFS Collegiate National Champion, USFS Quadruple Gold Medalist, coach of Regional and State Champions, Adult National Medalist, PSA Senior rated in Free Skating, coaching since 1997. BA in Kinesiology, U of MN. Email—kimberly019@hotmail.com

Bianca Dickson— USFS Adult Gold Medalist, Adult National Medalist, Adult Sectional Medalist, MN State Silver Medalist; Coach of USFS competitors; A PSA member; coaching since 2010. Email—bdickson11@gmail.com

Steve Gunz— BS Economics- U of MN, USA Hockey Level 4 Certified Coach, Totino-Grace Boy's Hockey Asst. Coach, Email- gunz0001@comcast.net

Rebecca Johnson—PSA Rated, Registered MIF & Freestyle; USFS Gold Medalist, Adult National Medalist, MN State Champion; BS in Education St. Cloud State University; coach of USFS competitors; coaching since 1999. Email-

rjohnson@coonrapidsmn.gov

Amanda Louiselle— USFS Gold Medalist, BA & BS— St. Thomas, a U of M -MD candidate, coaching since 2008. Email-amanda.louiselle@gmail.com

Holly Olson— PSA Accredited coach, Intermediate MIF test, BA in Communications, U of M; coach of USFS competitors A PSA member; coaching since 2011. Email— olso454@gmail.com

Eric Pringle— Coach of USFS competitors; choreographer of MN State and USFS regional competitors. Master of Arts in Communication (Concordia University). A PSA member; coaching since 2005. Email: ericpringle7@gmail.com

Riley Shore— USFS Gold Medalist. Regional Competitor & State Finalist. Coaching since 2014.

Amy Waryan— USFS Regional competitor, working on a Masters of Autism Spectrum Disorder, St. Thomas; coach of USFS competitors, coaching since 2004. Email— amywaryan@hotmail.com

Zachary Vierling— BS in Business- U of WI, Stout; 3 time WIAC All Conference and Honorable mention, 2x All Sportsmanship, 3x WIAC All-Academic, Played with Fairbanks Ice dog, Herb Brooks Award, Email- vierlingz90@gmail.com



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